

## THE VÉLODYSSÉE BY BIKE, FROM ARCACHON TO BIARRITZ

### All-inclusive stay on the Vélodyssée

This holiday on the French west coast takes you along one of the most beautiful stretches of the Vélodyssée, which runs from Roscoff to Hendaye.

Plunge into the heart of the Landes forests and glide along the Basque coast as the wind blows. This itinerary of almost 260km offers a guaranteed change of scenery, combined with an inevitable gastronomic journey through these regions.



6 days / 5 nights from €710

### ITINERARY

#### DAY 1: VISIT ARCACHON BY BIKE OR ON FOOT

##### Arrival in Arcachon

Stopping off in the fresh, iodised air of the Gironde, the change of scenery becomes obvious: from vineyards to pine trees, it's just a few pedal strokes away. But these conifers not only hide extraordinary wildlife, they also reveal invigorating panoramas. The day ends with a ferry crossing of this legendary basin.

Once you arrive in Arcachon, don't hesitate to let yourself be seduced by the typical oyster-farming villages, steeped in the history of this region.

NB: The tour starts when you arrive at your accommodation in Arcachon if you choose the Arcachon - Biarritz 6 days/5 nights tour.

Dinner on your own and overnight in Arcachon.

#### DAY 2: FROM ARCACHON TO BISCAROSSE

##### Distance cycled : 30 km

After a peaceful night's sleep, you'll set off for the sunshine and beaches of Biscarrosse. Of course, we recommend the unmissable Dune du Pilat and the surrounding ocean beaches, where you'll be sure to come across storks and herons. If you want to take advantage of the beaches to stop off for a break or try your hand at water sports, the Salie beach is ideal for its fine sand and watersports facilities.

Dinner and overnight in Biscarrosse.

#### DAY 3: FROM BISCAROSSE BEACH TO MIMIZAN

##### Distance cycled : 40 km

After strolling along the Atlantic beaches, you're back in the shade of the Landes pines, ready for a peaceful getaway to see the old oil wells near the Landes town of Parentis-en-Born. And what could be better than a pleasant break near the Lac d'Aureilhan to discover the 300 or so varieties of flowers and shrubs that border it. Not far from the paper mills, take the time to discover the seaside resort of Mimizan, your destination. You can either drive along the oceanfront, renowned for its board sports, or inland, where the atmosphere is more rural and natural.

Dinner and overnight in Mimizan.

##### Suggestion 2: Additional night in Mimizan

Possibility of taking advantage of the water sports centre and all the activities it has to offer. Whether you're in the mood for exploration or just a leisurely stroll on the Mimizan lake, Pacific boats (Hawaiian pirogues), kayaking or paddleboard lessons are all on offer to provide you with moments of sporting pleasure.

#### DAY 4: FROM MIMIZAN TO CAPBRETON

##### Distance cycled : 65 km

Next stop, Capbreton! But before that, it's back to the peace and quiet and wild landscapes of the Landes forest. We do, however, recommend

stopping off for a while at Lespecier beach to enjoy the warm, photogenic setting. You should also pay tribute to the majestic lighthouse at Contis-plage, the largest in the Landes region. The route continues on to Léon, Moliets-et-Maa and Vieux-Boucau, three towns you won't want to miss, where you can spend a day strolling through their authentic, lively streets.

You've now arrived in the town where surfing is king, and where surf lovers come to meet the most beautiful breakers. Make the most of the evening by strolling along the beach, taking a photo of the ocean from the jetty or eating an ice cream!

Dinner and overnight in Capbreton.

## DAY 5: FROM CAPBRETON TO BIARRITZ

*Distance cycled : 58 km*

Last day of the trip to the heart of the Landes before discovering the treasures of the Basque Country. Passing through Bayonne, you'll discover the Basques' sense of hospitality: between exceptional sites, gastronomy and intangible heritage, you won't be disappointed. The Izadia ecological park is a marvellous place to discover, as is the grotto of the chambre d'amour and its surrounding area for the more curious. Just before you arrive, take the time to make a short diversion to the Pointe de St-Martin, home to the Dout cliff and its lighthouse. You'll finally arrive at your destination, with Biarritz in front of you, the ocean as far as the eye can see, its hydrangeas and palm trees... Of course, what would Biarritz be without the postcard-perfect Rocher de la Vierge? The view from this end of the pier is sure to take your breath away.

Dinner and overnight in Biarritz.

## DAY 6: END OF STAY

*End of stay*

Enjoy your final moments over breakfast. End of our services.

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### Disclaimer

*The stages and partner accommodation mentioned on the site are those we prefer. Depending on your registration date, we may have to book other accommodation of the same category or different stages for you. For last-minute bookings, we may have to offer you less comfortable accommodation, particularly during the high summer season. We are fully aware of the different accommodation options available for each stage: we will choose the best available offer for you when you register.*

## DATES & PRICES

We propose 2 ranges of accommodation for this stay:

Package	Double room <i>2 pers.</i>	Twin room <i>2 pers.</i>	Single room <i>1 pers.</i>
<b>Comfort range</b>			
From Arcachon to Biarritz <i>6 days / 5 nights</i>	€710	€730	€990
<b>Premium range</b>			
From Arcachon to Biarritz <i>6 days / 5 nights</i>	€1,330	€1,350	€1,950

*NB: prices shown are per person.*

Trips possible from 07/04 to 15/10/2025 at the above price. Departure on the day of your choice (weekend departures possible).  
Discount from 4 participants.

**For a trip between 07/04 and 14/06/2025, or between 15/09 and 15/10/2025 :**

"Low season" luggage transfer supplement for a group of 1 pers. 50€/person/stopover

"Low season" luggage transfer supplement for a group of 2 pers. 25€/person/stopover

"Low season" Luggage transfer supplement for a group of 3 pers. 15€/person/stopover

"Low season" Luggage transfer supplement for a group of +4 pers. €10/person/stopover

*NB: These supplements are justified by the fact that we organise private transfers for your group during the low season.*

Outside these periods, please contact us.

For "last minute" bookings (less than 15 days before the departure date), supplements relating to the transport/transfer of your luggage may

apply depending on the number of people and the number of stops on the tour.

### OUR PRICE INCLUDES :

5/7 nights in a 3-star hotel  
Breakfasts  
Luggage transfer (1 labelled item of luggage per person, max 15km per item)  
7/7 telephone assistance  
Registration fees  
Local taxes  
Digital version of your road-book on your smartphone

### OUR PRICE DOES NOT INCLUDE :

Bike hire (hire for two bikes or more) (For single bike hire, please contact us)  
Transfers from your home to the meeting point and dispersal  
Parking space for your vehicle for the duration of your stay  
Lunches and dinners  
Personal expenses and drinks  
Our bicycle insurance (€1.5 per day per bicycle)

In general, everything that is not mentioned in "Our price includes".

## OPTIONS

### OPTIONS, SUPPLEMENTS AND REDUCTIONS:

COMFORT RANGE	
<b>REDUCTIONS</b>	
Discount : No luggage transfer	-€70
Discount : groups of more than 4 people	-€25
<b>SUPPLEMENTS</b>	
July / August	€100
<b>EQUIPMENT HIRE</b>	
Bike hire throughout the trip, including delivery to the start and its collection at the end - 4 days	€10
Extra bike hire for one day	€320
Hire of an electric bike (ebike), including delivery to the start and its collection at the end - 4 days	€240
Extra E-bike hire for one day (ebike)	€25
Extra waterproof rear bag (20L) for the whole trip	€25
<b>SUPPLEMENTARY NIGHTS AT THE BEGINNING OR END OF YOUR TRIP</b>	
Extra night in Arcachon in a double/twin room (breakfast included)	€80
Extra night in Arcachon in a triple room (breakfast included)	€80
Extra night in Arcachon in a single room (breakfast included)	€130
Extra night in Biarritz in a double/twin room (breakfast included)	€90
Extra night in Biarritz in a triple room (breakfast included)	€85
Extra night in Biarritz in a single room (breakfast included)	€145
<b>OUR SUGGESTIONS DURING YOUR HOLIDAY</b>	
Extra night in Mimizan in a double/twin room (breakfast included)	€80
Extra night in Mimizan in a triple room (breakfast included)	€70
Extra night in Mimizan in a single room (breakfast included)	€120
<b>PREMIUM RANGE</b>	
<b>REDUCTIONS</b>	

Discount : No luggage transfer	-€70
Discount : groups of more than 4 people	-€25
<b>SUPPLEMENTS</b>	
July / August	€150
<b>EQUIPMENT HIRE</b>	
Bike hire throughout the trip, including delivery to the start and its collection at the end - 4 days	€10
Extra bike hire for one day	€320
Hire of an electric bike (ebike), including delivery to the start and its collection at the end - 4 days	€240
Extra E-bike hire for one day (ebike)	€25
Extra waterproof rear bag (20L) for the whole trip	€25
<b>SUPPLEMENTARY NIGHTS AT THE BEGINNING OR END OF YOUR TRIP</b>	
Extra night in Arcachon in a double/twin room (breakfast included)	€190
Extra night in Arcachon in a triple room (breakfast included)	€190
Extra night in Arcachon in a single room (breakfast included)	€340
Extra night in Biarritz in a double/twin room (breakfast included)	€90
Extra night in Biarritz in a triple room (breakfast included)	€85
Extra night in Biarritz in a single room (breakfast included)	€145
<b>OUR SUGGESTIONS DURING YOUR HOLIDAY</b>	
Extra night in Mimizan in a double/twin room (breakfast included)	€110
Extra night in Mimizan in a triple room (breakfast included)	€90
Extra night in Mimizan in a single room (breakfast included)	€190

NB: prices are per person.

## HOSTS

### Comfort range

#### COMFORT PACKAGE

For this package, we offer a selection of simple, comfortable hotels of 2\* hotels



Hotel \*\*\* at Biscarosse

### Premium range

#### PRIVILEGE PACKAGE

For this package, we offer a selection of 3\* or 4\* hotels.



Hotel 4\* at Cap Breton

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\*NB: this is our preferred accommodation. Depending on your registration date, we may be able to reserve other accommodation of the same category for you.

## PRACTICAL INFO

### THE BIKES WE OFFER FOR YOUR STAY :

#### VTC FROM THE AMERICAN BRAND TREK



- High-standard model chosen especially for the profile of our travelers
- A bike to fit your height (available in M, L and XL. For smaller height, other Trek and KTM models are available)
- Frame geometry and standover : easy to mount and dismount
- Front suspension
- Comfort saddle
- Travel comfort handles
- Hydraulic disc brakes
- Adjustable stem (for the comfort of your back)
- Rear stand
- Front and rear lighting by dynamo

NB : Our bikes are serviced and cleaned after each outing.

#### ELECTRIC BIKE (VAE) FROM THE BRAND TREK



- High-standard model chosen especially for the profile of our travelers
- A bike to fit your height (available in XS, S, M, L and XL. Frame geometry and standover : easy to mount and dismount)
- Large 28 inch wheels that ensure precise steering and good performance
- Powerful hydraulic disc brakes
- Bosch motor

All equipment included

- Waterproof rear pannier Ortlieb 20l
- Waterproof front pannier with Ortlieb smartphone / roadbook holder
- Front and back lights
- Bike lock
- Repair kit
- Helmet provided free of charge on demand (please ask for one when you register)

### THEFT AND ASSISTANCE INSURANCE: NATURE OCCITANE INSURES YOU

In the event of an incident along the route (theft, breakage not resulting from wear and tear, etc.), we insure all equipment for only :

- 2€ per day per bike and/or per piece of equipment
- 3€ per day per electric bike

#### At your charge if your bike or trailer are robbed :

Caution / Excess without the insurance :

Premium trip bike : 924€

Premium trip electric bike : 2275€

Child bike : 400€

Luggage trailer BOB Ibex : 570€

Repair rate in case of damage / breakage

Caution / Excess with the insurance :

Premium trip bike : 92€

Premium trip electric bike : 228€

Child bike : 40€

Luggage trailer BOB Ibex : 57€

10% of the repair rate in case of damage /breakage

NB : The statement of robbery at the police station must be sent to Nature Occitane in both cases in the time limit of 48h after the offence.

At your charge in case of theft or loss of equipment :

Back pannier : 50€

Anti-theft device : 75€

Multi-tool or pump : 15€

Helmet : 50€

**RECOMMENDED EQUIPMENT :**

Take a travel bag or suitcase for a change of clothes for the week. You will find it in your accommodation each evening.

Clothing :

- 1 sun hat or cap (helmet provided on request when you register)
- 1 scarf Breathable T-shirts

*NB: Avoid cotton, which takes a long time to dry ; prefer short-sleeved t-shirts (breathable material)*

- 1 fleece
- 1 Gore-tex jacket, waterproof and breathable
- 2 pair of shorts (short or long), preferably padded for comfort on the bike

*NB: The shorts must be worn next to the skin*

- 1 pair of comfortable trousers for the evening
- Underwear
- Socks

*NB : Avoid "tennis" type socks (cotton), which take a long time to dry.*

- 1 swimming costume for the pool and your arrival at the sea

Shoes :

- 1 pair of multi-activity shoes for cycling and walking
- Tennis shoes or sandals for the evening

Equipment :

- 1 pair of sunglasses
- 1 pocket knife (to be put in the hold luggage if you take the plane)
- Toiletries
- Toilet paper
- Sunscreen
- Soothing cream anti-friction

**This list must be adapted according to the chosen season.**